

Elk Point REVIEW

Bringing You the News since 1984

Tuesday, October 30, 2012

Vol. 32 No. 44 • \$1 (GST incl.)

Heinsburg

Top student awards

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Home ice

Advantage for peewees

Page 9



Standard time
returns at 2 a.m.
Sunday, Nov. 4



Vicki Brooker photo

Dressed up for the occasion

Adult category winners in the costume competition at the Elk Point Ukrainian Dance Club's Halloween Family Frolic were spectacularly spooky south-of-the-border skeleton Grant McDonald and picture-perfect Queen of Hearts Jaylynn Wirsta. More winners, Page 12.

Halloween hilarity at dance club's third Frolic

By VICKI BROOKER

Review Staff

Fun-seekers of all ages, dressed in their most imaginative, gruesome or glamorous costumes converged on the Elk Point Arts and Leisure Centre on Saturday night to whoop it up at the third annual Halloween Family Frolic, hosted by the Elk Point Ukrainian Dance Club.

Families packed the facility early in the evening, dropping off food bank donations for the club's endeavour to stuff the classy-but-cobwebbed gleaming white hearse guarded by wonderfully eerie skeletons on their way into the centre. Long lineups of youngsters tried their hand at tossing beanbags through holes in a ghost's sheet, stuck their hands bravely into cauldrons of witches' brew in search of prizes, decorated themselves for the occasion with a festive temporary tattoo, did a little fishing in the dark or waited patiently in line to hear their fate from a pair of fortune tellers.

Promptly at 7:30, the games packed up, and the floor filled with eager dancers of all ages, from tiny tots to adults, who rocked the night away to music ranging from the latest hits way back to the 1950s and 60s, taking on challenges of vintage dances from Chubby Checker's 'Let's Twist Again' to the rockabilly classic line dance hit, 'Cadillac Ranch' to the ever-popular 'Bird Dance' with equal gusto.

Almost the only breaks in the dance floor action all night were when the announcer called the various age groups forward for costume judging.

The Five and Under lineup stretched the full width of the stage, as everything from an adorable duck to Minnie Mouse and from delicate fairies to sturdy superheroes vied for the prizes. Well-dressed witch, Kayl Warawa and a pint-sized Count Dracula, Bo Fontaine, were declared the winners after some very challenging decision-making.

(Continued on Page 2)

Council to get increase for meetings, travel

By VICKI BROOKER

Review Staff

An across-the-board \$25 increase in the honoraria for meetings and functions and increases in meal and accommodation allowances for Elk Point's mayor and council were approved at last week's organizational meeting.

Council will now receive \$150 per member attending regular and special meetings, \$100 for in-town board, committee and commission meetings and in-town meetings and \$150 for out-of-town meetings and functions.

Monthly payments for mayoral and council duties will remain at \$600 and \$400 respectively.

Cara allowance will also remain the same as last year, at 52 cents per kilometer, but allowance for meals, with no receipts required, were increased by \$5 per meal to \$15 for

breakfast, \$20 for lunch and \$30 for dinner. Accommodation allowance, without receipt, was increased from \$100 to \$125 per day. The mayor and councillors have the option of billing the town for "reasonable costs supported by a receipt."

Council also determined who will sit on standing committees, boards, commissions and other committees.

The Public Works committee now joins the Executive Committee, Economic Development and Risk Management in being composed of the whole council. Coun. Ron Fraess and Coun. Dwayne Yaremkevich make up the Public Safety and Environment Committee, Coun. Eugene Buck and Mayor Tung remain on the Physician Recruitment Committee and Coun. Bernice Capjack, Couns. Fraess and Yaremkevich on the Disaster Services Committee.

Appointees to boards, committees and commissions were:

- Agricultural Society – Fraess (Buck alternative)
- Alberta Care – Fraess (Yaremkevich alternative)
- Allied Arts Society – Buck and Capjack
- Assessment Review Board – Buck and Capjack
- Chamber of Commerce – Capjack and Yaremkevich
- Canada Day Committee – Capjack, Fraess, Mayor Tung
- Community Futures Smoky Lake-St. Paul – Tung
- Community Policing Committee – Fraess (Capjack alternative)
- Development Appeal Board – Tung, Yaremkevich
- Economic Development Committee – Yaremkevich (Buck alternative)
- Elk Point Further Education Council – Capjack, Fraess

(Continued on Page 2)



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Nigel LaFrance

Water line completion down to the details

By Vicki Brooker
Review Staff

The long-awaited 24/7 water line from St. Paul is drawing closer to completion, and Elk Point town council took time at last week's regular meeting to discuss water volume estimates.

The Town of St. Paul needs to know how much water Elk Point is likely to use, so the appropriate amount of chemicals can be obtained to treat it, council was told. Council agreed to go with an estimated

185,000 cubic meters, although some felt there could be a drop in use due to the change in water rates.

Operating cost sharing was also up for discussion again. The county has agreed to pick up the cost of hookups and maintenance of the hookups, and the commission will hire the same crew to do maintenance on the line itself. The capital expense split is still under discussion. The line has a two-year warranty.

Mayor Parrish Tung said he wants the capital reserve

clause taken out of the agreement.

Affordable housing
A request for seed money for a feasibility study on affordable housing in the community was turned down. Mayor Parrish Tung said the ultimate goal of the study "is to produce housing. Does the town want to go on the path of owning apartments? No." The request was tabled as information.

FCSS
Council ratified the appointment of Jeff Hoyle to fill a vacancy on the FCSS Board.

Council also received a request from the FCSS for a donation toward the Seniors' Festival at the Arts and Leisure Centre on Nov. 29. Council agreed to support the event with two door prizes.

Community support
Council agreed to purchase a wreath for the

Remembrance Day observances. Coun. Ron Fraess agreed to place the wreath, and Coun. Bernice Capjack will speak at the ceremony on behalf of the town.

The town is also adding their support to the Chamber of Commerce Christmas Extravaganza, with a \$500 donation equal to last year's.

Public Works
A recommendation from the Public Works Committee to approve an additional \$10,800 in funding to cover the cost of pilings in the public works building expansion was approved by council.

A request for signage at the transfer station was tabled for further clarification.

Council accepted an offer of \$8,000 for the town's sewer cleaner.

Lot sales
Council agreed to sign listing contracts with local realtors on the residential lots that will be available in 2013.

Halloween Frolic

(Continued from Front Page)
A large contingent from the six-to-11-year age group was next to take the stage, and once again, the judges had a challenge on their hands to determine the winners, eventually choosing a stunning Cleopatra lookalike, Jorja Theriault, and a stalwart young knight, Kaden Lafrance to receive the gift bags.

Then it was back onto the dance floor for everyone, with time out for snacks and refreshments, much appreciated after all the lively activity.

Later in the evening, the 12-to-16-year-olds lined up on the stage for the judges' scrutiny, with again, a number of promising contestants to choose from, the prizes going to a beautifully dressed Chansie Botting, whose French Revolution-style costume was accented with both lace and feathers. In contrast, the male winner, Payton Drobot, might have stepped out of an old western movie, complete with well-worn chaps and Stetson hat.

The final contestants of the evening were the adults, and although some very worthy candidates, including a man who appeared to be riding an ostrich, had already left the building, there was still a good number to choose from. The male winner, Grant McDonald, was the co-owner of the hearse mentioned earlier, and wore a very ornate skeleton costume topped with a sombrero. A local young lady, Jaylynn Wirsta, looked very regal in her Queen of Hearts costume for the ladies' prize.

A young party-goer carefully aims a bean bag at one of the holes in the happy ghost's somewhat tattered sheet during the carnival portion of the Halloween Family Frolic. More photos, Pages 6, 7.





PRAIRIE EMS
Wishes everyone a
**SAFE AND HAPPY
Halloween!**
Please remember to slow down
and watch for all the
little ghosts and goblins.
We will be out on ghost patrol.

Phone for an
appointment with
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**Roberta
Scott**

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Council appointments

(Continued from Front Page)
Elk Point Golf Club – Yaremkevich
(Buck alternative)
Evergreen Regional Waste Management –
Yaremkevich (Fraess alternative)
FCSS – Capjack, Tung
Fire Board – Buck and Yaremkevich
(Fraess alternative)
Interagency Health Committee – Capjack,
Fraess
Lakeland DMO – Fraess
Lakeland Doctor Recruitment Board –
Tung
MD of St. Paul Foundation – Capjack, Tung

MuniCorr – Yaremkevich (Fraess
alternative)
Municipal Airport Authority – Buck, Fraess
Municipal Library Board – Capjack, Tung
Municipal Planning Commission – Buck,
Capjack, Fraess
Northern Alberta Information Hub – Fraess
Northern Lights Library System Board –
Tung (Capjack alternative)
Recreation Committee – Capjack, Tung,
Yaremkevich
Regional Assessment Board – Buck, Tung
Regional Water Commission – Fraess,
Tung, Yaremkevich



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APPLIQUE
FRIDAY, NOVEMBER 9

Halloween hours

Elk Point's Halloween trick-and-treat hours are once again 4 p.m. to 6 p.m. on Wednesday, Oct. 31. Have fun and stay safe, everyone. Motorists, please take extra care at that time.

Influenza Immunization

FALL INTO THE ROUTINE

Influenza immunization is now available, free of charge, to all Albertans 6 months of age and older.

UPCOMING LOCAL CLINICS

Date:	Time:	Location:
Tuesday, October 30	1:00 PM - 3:00 PM	Fishing Lake Community Hall, Sputinow
Tuesday, November 6	3:00 PM - 8:00 PM	Elk Point Community Health Services, 5310 50 Avenue, Elk Point
Wednesday, November 14		
Wednesday, November 21	3:00 PM - 4:00 PM	
Wednesday, November 28		

Please bring Alberta Health Care Card. Short sleeves recommended.

For more info, including local clinic details, visit www.albertahealthservices.ca or call Health Link Alberta at 1.866.408.5465 (LINK).

Seniors Festival

Thursday, November 29, 2012

10:00 a.m. - 2:00 p.m.
Doors open at 9:30 a.m.
Elk Point Arts & Leisure Centre
(4605 - 57 Ave.)

Day Includes:
*Entertainment, Display Tables, Guest Speakers
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Space is Limited, so Register Early.

Call the County of St. Paul FCSS office
at 780-645-1950 or
the Town of Elk Point FCSS
at 780-724-3800

Registration Deadline is November 16, 2012
Please let us know if you are in need
of wheelchair transportation



Heinsburg's top students receive awards



By CHRISTINE YURKO
Heinsburg Community School

Darrell Youngmans, school trustee for the Heinsburg area, presented Justice Dion-Daniels and Alexandria Abraham with awards from the St. Paul Education School Board for best academic performance in grade six and grade nine.

Grade Nine award

Alexandria Abraham accepts the Grade Nine award from trustee Darrell Youngmans.

Well done, students and keep up the good work.

Bus arrives

Heinsburg Community School has purchased a school bus for transporting students to and from extra-curricular events such as sports tournaments and field trips.

The bus arrived for school use on Wednesday, October 24th.

Currently there is one staff member holds the required license and is able to drive the vehicle.

Principal Rob Mac Donald is very excited and sees the new bus as a great

opportunity to get students involved in events and new learning opportunities.

Elk Point Heritage Lodge Auxiliary

5338 - 50 Ave., Elk Point is hosting a

Christmas Bazaar

Sunday, Nov. 4

1 pm - 4 pm

Featuring: Epicure, The Nutman, Scentsy and Homemade Crafts

EVERYONE WELCOME

Capsule Comments

by Your Natural Choice Apple Drugs pharmacist, Chris Letawsky

- The folic acid found in prenatal vitamin formulas is essential in preventing neural tube defects in the developing fetus. These defects can develop within 28 days after conception so it is important to start taking prenatal supplements about three months before planning to become pregnant. Continue taking them throughout pregnancy and breastfeeding as well.
- Donating blood is a very selfless thing to do. It is easy to do, too and you can't catch any disease by donating. You can donate every eight weeks but if each Canadian eligible to donate did it only twice yearly, there would be enough blood for all medical needs. Our Canadian blood system is the safest it has ever been.
- Readers of this column know we are great supporters of regular walking as an exercise. Using walking poles can be useful especially when walking over uneven terrain. Used properly, the poles help exercise the upper body muscles more and help us maintain our balance better.
- Many medicines originate in nature, so it's no surprise when it's found that the lavender plant reduces the number of falls in the elderly in nursing homes. In the study, they used patches infused with lavender comparing it to unscented patches. However, lavender oil could provide the same benefit.
- Whatever the source of new medication therapies, we make it our job to know about them. Use our pharmacists as a reliable source of drug information.



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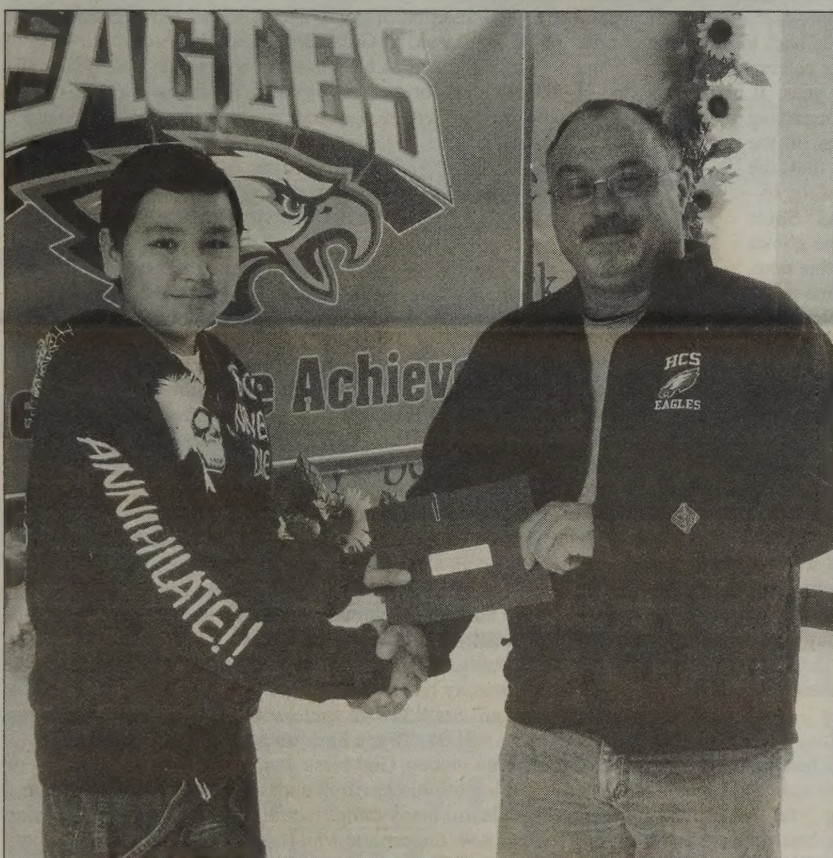


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Grade Six award

Justice Dion-Daniels accepted the Grade Six award from school board trustee Darrell Youngmans.

Marie Zayac photos

Zackery



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TOWN HOUSE

Potential move in date of Nov 30, 2012. Two units available with some municipal tax concessions. These properties feature a 12' x 16' deck and a private back yard, fenced on two sides. Appliances included are fridge, stove, dishwasher and microwave. Plus GST with rebate to buyer. MLS EP-5306-RWAVE

\$249,900



QUALITY CUSTOM BUILD

Spacious 1560 sq. ft. bi-level with many special features. Enjoy the large entrance, open concept and modern design. Plus GST with rebate to buyer. Some tax concessions. Great curb appeal. MLS 0031779663

\$379,000



HOUSE NESTLES ON 2 LOTS

Modern four bedroom home with many recent upgrades and finished on both levels. Enjoy the large, private back yard bordering on a seasonal creek. MLS 0018600247

\$289,000



CUSTOM BUILD

1776 sq. ft. two storey, 4 bedroom of quality construction with double detached garage. This home features hardwood flooring, ceramic tiles and many extras. This quality home is a must see. MLS 0020005824

\$314,900



IMMEDIATE POSSESSION

Two storey, three bedroom home and large storage shed. The large windows provide an abundance of natural light. This home has many upgrades. MLS 0020010278

\$145,000



QUICK POSSESSION

This three bedroom home features a nice size modern kitchen/dining room and spacious living room and is finished on both levels with a wet bar in the basement rec room. Enjoy the large fenced back yard with ample parking for your recreational vehicles. A new furnace is being installed. MLS 0016392615

\$146,000

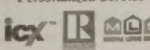
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EDITORIAL

Beware of the tricksters

Tomorrow is Halloween, and just at the time when daylight starts to fade, you can expect a whole lot of extra pedestrian traffic to be out and about, as the youngsters head out to collect their Halloween treats.

Motorists, please slow down and be especially on the lookout for excited youngsters crossing streets without their usual caution, and popping out from between parked cars.

Parents, please go out there with your little ones, or send a responsible teenager along to keep an eye on them and make sure they obey the safety rules.

Children, we want you to have fun, but we also want you to stay safe. Make sure your costume lets you see where you're going, and please watch out for traffic.

WAY BACK WHEN...

Policing, potential and pumpkins

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF OCT 30 IN...

1987

Allan Frankiw was sworn in as the new deputy mayor as Elk Point town council held their annual organizational meeting. Elk Point chamber of commerce accepted the terms of reference for their new economic development committee, giving the committee the go-ahead to lay out guidelines and get to work.

1992

Ron and Sharon Smith of Home Town Grocers were named Elk Point's Small Businesspersons of the year, with chamber of commerce president Millie Orr encouraged by the glowing commendations of local businesses and the huge response to the request for nominations. Beaver River voters turned down the Charlottetown Accord with a resounding 70 per cent saying 'no,' along with 62 per cent of all Albertans.

1997

Elk Point RCMP was turning to the public to determine policing priorities for the coming year, with the economic upturn in the province causing policing resources to be stretched in some areas. Heinsburg students traveled back in time to the Middle Ages as the Society for Creative Anachronism paid a visit in medieval costumes, enacted a sword battle between two knights in armor and joined the youngest students in a game of Ring-Around-the-Rosy."

2002

Elk Point Chamber of Commerce laid plans for the upcoming Christmas Extravaganza, which would include a new feature, the Winter Wonderland Parade, and first-time Extravaganza chair Suzan Bartholomew "excited" by the potential this one-night extravaganza has for Elk Point businesses. County council approved the tender for a new fire truck to be based in Elk Point, replacing an aging unit in need of many repairs.

2007

Elk Point 4-H Multi Club hosted a Pumpkin Challenge, with a prize for the largest pumpkin, which went to the Tymofichuk family with a 100-pound orb, and an opportunity for costumed youngsters to carve and decorate their pumpkins to their hearts' content. The newly-elected town council got right down to work after their organizational meeting, donning new town hats before rezoning three lots along Railway Ave. from Central Commercial to R2 Residential.

LaMontagne cartoonist.com



WORN BY EVERYONE, GOES WITH EVERYTHING.

GUEST COLUMN

Halloween history

Yes, tomorrow, Wednesday, Oct. 31 is Halloween. Have you ever wondered why we celebrate Halloween? Halloween celebrations are traced back to the ancient Celtic festival of Samhain. This was celebrated on Nov. 1 and was the beginning of their new year. It marked the end of summer and harvest and the beginning of the cold, dark winter. The Celts believed that on the night before the New Year, that the boundary between the worlds of the living and the dead became blurred. Some claim that the Celts believed the ghosts of the dead returned to earth at this time. It was regarded as a magical time and a time for divination. Their celebration was marked by huge bonfires and sacrifices to their deities. Thus Oct. 31 was their New Year's Eve, and intended it as a celebration of everything wicked, evil and dead.



deanna EASTHOPE
from the FCSS desk

The name Halloween came about as follows. In the seventh century, Pope Boniface IV designated Nov. 1 as All Saints Day – a time to honor saints and martyrs. It is believed that the Pope was trying to displace the Samhain honoring of the dead with this new Christian festival. In middle-English, All Saints Day was "Alholowmesse" (All Hallows Day), and the night before was All-Hallows Eve, which came to be Hallow E'en. The attempt to replace Samhain with a Christian holiday was only partly successful, as many of the elements of the celebration of Samhain merely attached themselves to the new holiday.

Trick-or-treating or "Guising", is a customary practice for children on Halloween in many countries. Children in costumes travel from house to house in order to ask for treats such as candy (or, in some cultures, money) with the question "Trick or treat?" The "trick" is a (usually idle) threat to perform mischief on the homeowners or their property if no treat is given. (Years ago, before in-door plumbing, the out-door toilets were tipped over if no treats were

given.)

The tradition of going from door to door receiving food already existed in Great Britain and Ireland in the form of "souling", where children and poor people would sing and say prayers for the dead in return for cakes. Guising – children disguised in costumes going from door to door for food and coins – also predates trick or treat, and is recorded in Scotland at Halloween in 1895, where masqueraders in disguise carrying lanterns made out of scooped out turnips, visit homes to be rewarded with cakes, fruit and money. The practice of Guising at Halloween in North America is first recorded in 1911, where a newspaper in Kingston, Ontario reported children going "guising" around the neighborhood.

From all this history, one can see the customs of today don't really relate. For example, the soul cake is not something that is given out today when children go "trick-or-treating". You may be asking, what is a soul cake? Soul cakes were traditionally baked as a gift for the spirits of the dead. In many European countries, the idea of "Souling" became an acceptable alternative for Christians. The cakes took many different names and shapes – in some areas, they were simple shortbread, and in others they were baked as fruit-filled tarts. Still other regions made them of rice flour. Generally, a soul cake was made with whatever grain the community had available.

Soul! Soul! For an apple or two! If you have no apples, pears will do. If you have no pears, money will do. If you have no money, God bless you!

From all this research about the history of Halloween, I have learnt many things (some of which I am not mentioning) I now understand why some people have chosen not to support Halloween. To put it simply, Halloween is a New Year's Eve that is remembering or celebrating something that is evil. That is its history. However, today, we can choose to ignore the history and just help the children have fun and keep it safe for them on that day. It is cute to see young children dressed in their chosen costumes going from door to door and asking for candy. And I don't mind decorating my house with cute Halloween "stuff". I have chosen to keep it fun. My wish is that you will do the same. Happy Halloween everyone!

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

5022 - 49 Avenue, Elk Point, AB

Mailing Address:

Box 309, Elk Point, Alberta T0A 1A0
or Box 159, St. Paul, Alberta T0A 3A0

Publisher: Clare Gauvreau

Editor: Vicki Brooker

Email Address: production@stpaul.greatwest.ca

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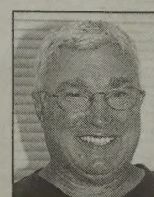
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Vicki Brooker
EDITOR



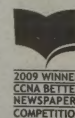
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We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

Canada



Faye Smith Photo

Ten year pins

Sophie Schmidt and Ray Wooldridge were presented with 10-year membership pins for continuous membership in the Alberta 55+ seniors association, when they attended the association's October 21 awards dinner in Vermilion.



Faye Smith photo

Celebrating a milestone

Local seniors John and Anna Robertson recently marked their 59th wedding anniversary. Congratulations!

BY THE CANADA SAFETY COUNCIL

Many older Canadians are on multiple medications to treat a wide spectrum of ailments and improve quality of life. But without taking proper precautions, these life-saving and life-improving drugs can cause sickness and premature death.

Nearly two-thirds of Canadians ages 65 and up are taking five or more types of prescription medication every year. One in five seniors is taking 10 or more types of prescribed drugs annually, and 5.5 per cent, or about one in 20 seniors, are taking 15 or more types of medications to manage conditions from diabetes to high blood pressure, according to the Canadian Institute for Health Information. These numbers do not include non-prescription medications and remedies, such as over-the-counter painkillers, herbal medicines and vitamins.

Taking multiple medications increases the risk for adverse drug events, which are injuries resulting from the use of medication. The good news: proactive steps can easily be taken to reduce the risk of seniors being

harmed by mistakes with medicines.

"We encourage all patients, especially seniors, to keep a current medication list with them at all times and to communicate this list to all people involved in their care. This simple action can help providers make informed decisions about the patient's care and prevent errors from happening," said David U, president and CEO of the Institute for Safe Medication Practices Canada. "Knowledge about the balance between potential benefits and harm from medications is also important and we encourage individuals to ask their health care providers any questions about their medications."

This National Senior Safety Week, the Canada Safety Council is advocating for the safe use of medication to ensure the health, well-being, and utmost quality of life for aging Canadians.

Safety steps for seniors

Being organized with medication is essential to safety. Keep a complete, current list of all the medications you use. This includes all your current prescrip-

tions, along with any over-the-counter medicines, vitamins, minerals, natural health products and traditional medicines. Sprays, patches, laxatives, cough and cold medication, painkillers, injections, creams, and even eye, ear and nose drops should also make that list. Indicate on your list why and when you are using each item.

Furthermore, your list should include your name, information on your medical conditions, allergies, and previous drug reactions. You or your caregivers need to partner with healthcare providers and pharmacists to take an active role in monitoring what medicines are being taken, when and in what quantities.

(Continued on Page 9)

Walk-Ins Only

The Barber Shop

4910 - 48 Avenue

(by Elk Point Realty)

NEW HOURS

Tuesday to Friday

1:00 p.m. - 7:00 p.m.

CLOSED NOVEMBER 13 TO 21

CASH ONLY!

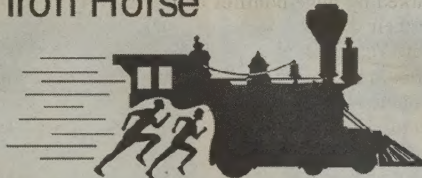
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THE BARBER SHOP Will be celebrating its

1st Anniversary!

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We greatly appreciate your support.

THE IRON HORSE ULTRA
COMMITTEE AND ALL OF THE
RUNNERS.

THE

ELK POINT REVIEW

will be doing a special salute to all those from our area who served Canada during the two world wars, Korean War and other conflicts or peace-keeping missions, in the November 6, 2012 issue.

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NTL 4G Sat admat 08/2012



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**Alberta Health
Services**

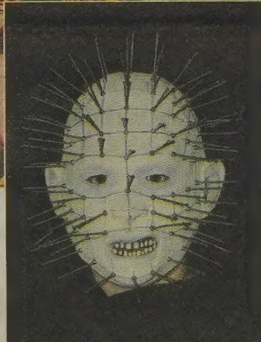
**SCREENING
FOR LIFE.CA**

Happy Halloween Frolic

Creative costumes, giggle-producing games and lively music added up to a very successful, fun-for-all evening at the Halloween Family Frolic hosted by the Elk Point Ukrainian Dance Club (shown at right).



Vicki Brooker photos



IN MEMORIAM

**In Loving Memory of
VINGE, Jim Jr.**

April 14, 1968 - Oct. 29, 2010

*So many things have happened
Since you were called away
So many things to share with you
Had you been left to stay.
Every day in some small way
Memories of you come our way
Though absent, you are ever near
Still missed, loved and always
dear.*

Always in our thoughts and
forever in our hearts, Leanne,
Kelsey, Brayden and Hayley.

IN MEMORIAM

CAPJACK, John

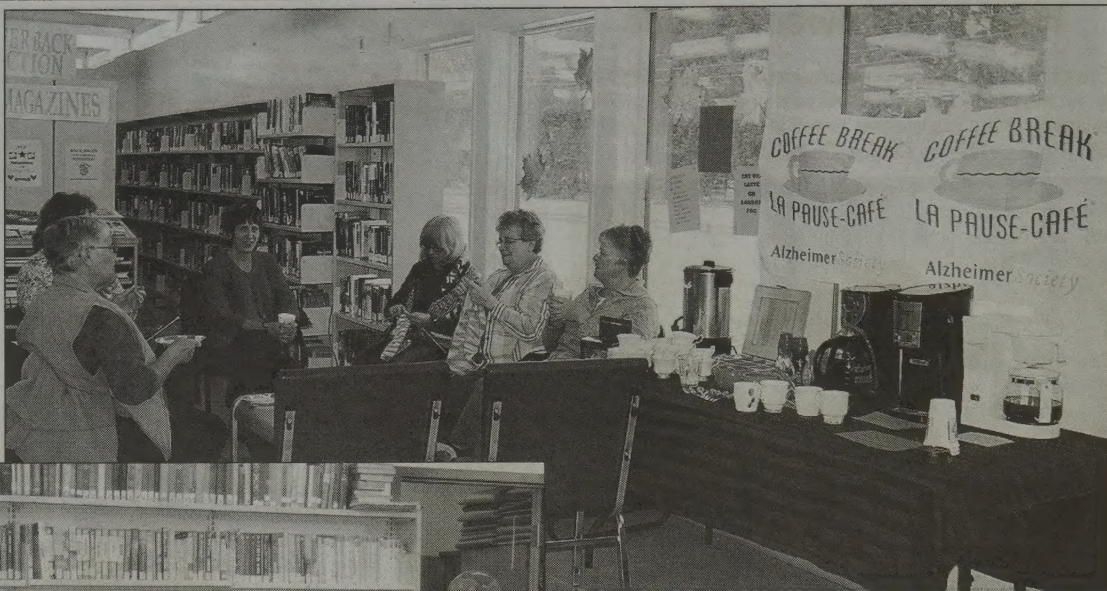
Oct. 13, 1923-Nov. 3, 2003

In loving memory of our
dear husband and father.

*As days turn into seasons
they say that time will heal,
but neither time nor reason
will change the way we feel.
For no one knows the heartache
that lies behind our smiles.
No one knows how many times
We have broken down and cried.
We want to tell you something
So there won't be any doubt.
You are so wonderful to think of
but so hard to be without.*

Sadly missed and always
in our hearts, Ann &
Family.

Elk Point Library hosts Alzheimer's Coffee Break



Members of Elk Point Municipal Library's Knitting and Crochet group combined their regular gathering with the Alzheimer's Coffee Break on Tuesday, Oct. 23, enjoying their choice of numerous specialty teas and coffees and some tasty snacks while they worked on their current project, a knitted afghan which will be donated to the less fortunate.

Coffee and conversation in a comfortable corner of the library was a great way for Lenore Bjornstad, Donna Chamberland, Doris Wilson and Sherry Schultz to spend a blustery afternoon, while supporting the Alzheimer Society's annual Canada-wide effort to raise funds to assist victims and their families.

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Home ice advantage for Peewee Avalanche

Home Sweet Home! Playing on home ice has been great for the Peewee Avalanche. At least that's the way it would appear after Saturday afternoon's shellacking of Glendon. This is the second game the Avalanche have played at home this season and both times they really have racked up the goals, in fact both times they scored double digits. Seventeen goals scored for the home team on Saturday afternoon against Glendon. The talented team captain "Awesome Alex" Hunter leading with a six pack and quite a few assists. Another smooth skater who handles the puck well, Nicholas Tucker popping in four, a hat trick for the big workhorse "Big O" Brody Odgaard, a couple for "Hot Wheels" Hayden Ludlage, getting down and dirty in front of the net, "Dust Pan" Dustin Pankiw hammered one home and another guy who plays hard both ways, Warren Ference with one as well. A couple of helpers by the rugged defensive man Angus McFarlane. Two other defensive grinders, Kaiden "K Rock" Evans-Anderson and the "Michelin Man" Parker Allen both with assists, and also one for the first time player Christian Castle-Warren.



**doug
BASSETT**
Review Sports

It was just a short little hop, for the Novice Avalanche who played on Saturday over in St. Paul, for their first drop of the puck this season. They might have lost this one but it wasn't by very much. Brady Hymanyk and Jadey "the Lady" Capjack scoring for the Avalanche.

Back at home on Sunday morning against Saddle Lake,

the Novice Avalanche bouncing back with a big 7 to 2 win. The whole team played extremely well in this one, but especially the all-girls' line. Jadey "the Lady" Capjack racing down the ice on a breakaway with another goal and adding an assist, line mate Avery "Whirlwind" Warawa with a goal and two assists, her other line mate Lenae Peebles with an assist. Their sisters Grace Peebles and "Rocket Rylee" Warawa both did a super job of fore checking and forcing many turn-over's. The young rookie "Mick Jager" Fontaine looking like one old veteran out there, scoring two goals. Odin "the Wall" Smith got a head of steam going, he barreled in all the way from center ice for a goal. Nothing is going to stop the "Wall" when he gets rolling, he also added two assists. Blueliner Luke "Sky Walker" Poulin going end to end walking in and splitting the defense and scoring two. Big D man "Bazooka Joe" Cardinal added the assist, his defensive partner Professor Dean "the Machine" Ockerman coming over for a visit to the sin bin to tell us his theory of the whole game. Goalie Brady Hymanyk did a fabulous job between the posts, he stopped a whole bunch of pucks, getting by with a little help from his friends, Vanden "Mario" Moroziuk, Josef Theriault and first time player Kobe Warawa.

It was tough day at the office for goaltender Ronan "Radar" Poulin when he punched in for the Atom B team that headed northwest to Lac La Biche on Saturday morn-

ing. Sometimes this happens at this level, one of the Clippers players scored nine of their goals; it's just too bad he didn't phone in sick. Alex Duffee found the twine from the blue line. First time player Jorja Theriault, who was playing in only her second game ever, buried one too, assisted by "Sexy Slader" Hardcastle. The next day, Erin Duffee drew the short straw for the goaltender duties, but she didn't mind and did an outstanding job of keeping the rubber out. As for the "Radar," he got a break from wearing the mask and scored the only goal against Bonnyville. By the way, the score was much, much closer in this one!

It was a bitter cold, windy day on Sunday when Atom A team headed out of town northeast across the border to Meadow Lake. A rotten drive but the end result was a great entertaining game, even if our guys came up short a couple. Little "Lightning Liam" Ludlage lighting the lamp, Conner "Coast to Coast" Lychak cruising in for one, Devon "Naz" Nazarchuk added the third. Birthday boy, Dylan "the Destroyer" Ference battled hard on the frozen pond adding two helpers, the final 5 to 3 for M.L.

A big happy anniversary going out today to my very good friends, Marshall and Agnes Moroziuk.

And now for the K.A.Campbell quote of the week. "Anytime you've played in a place and you get a win against your old team, it feels good." Last week's answer to: "It's how you show up at the show down that counts." - Homer Norton. Have a sports scoop? Now you can email them to sportshound007@hotmail.com

National Senior Safety Week

(Continued from Page 5)

A free iPhone application called MyMedRec is available to help you track personal medical information. Caregivers with more than one patient can use the app to create and organize multiple medical profiles.

If you prefer writing down your information, order a free medication record booklet by visiting <http://206.123.6.185/ki/m/e.n.php>.

Safety Tips

The Canada Safety Council offers the following recommendations for safe use of medications among seniors:

Keep a current list of all the prescription and non-prescription medicines you use. Indicate why, when and how you use them. Bring this list with you every time you see a healthcare provider or pharmacist.

Use the same pharmacy to fill all your prescriptions. Remember to tell your phar-

macist about any over-the-counter drugs, herbal medicines or vitamins you are taking.

Before starting a new medicine, prescription or not, check with your pharmacist to make sure that the new addition will not adversely interact with your existing medicines.

Read the printed information that comes with your medicine and learn as much as you can about what you are taking. If you have questions, ask your pharmacist.

Take your medications in the recommended dosages at the recommended times of day and for the recommended duration. Do not stop taking your medication early because you have started to feel better. Consult your healthcare professional.

Do not share your prescription medication and do not take another person's prescription.

If you are the caregiver for an elderly person, make

sure your entire attention is focused when dispensing and administering drugs. Distractions can easily cause human error and mix-ups, leading to harmful consequences for the elderly

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For more information, please visit www.knowledgeisthebestmedicine.org and www.safemedicationuse.ca.

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Link can be found at:
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410. Education/Training



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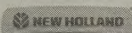
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EMPLOYMENT OPPORTUNITY



Stanchuck Trucking Ltd. requires:

OWNER / OPERATORS

Needed for Siebert Lake area.

Scheduled days off or 30 day trucks.

Company offers competitive rates with benefit package.

Apply with resume to:

6007-52 Avenue

Lloydminster, Alberta

or fax to 780-875-2147

or phone 780-875-7665

email: sheldon.w@live.ca



HAS IMMEDIATE OPENINGS FOR

CLASS 3 or CLASS 1 DRIVERS

*in the Bonnyville & Elk Point Areas
 for the following positions:*

- Semi Vac
- Flush By
- Body Vac
- Coil Tubing
- Pressure Truck
- Fluid Hauling (Night Shift)

Candidates for these positions must possess the following qualifications:

- A valid Class 3 or 1 Driver's License
- A clean 5 year drivers abstract
- Excellent time management and organizational skills
- Previous oilfield experience is a definite asset.

The right candidates will receive:

- Above average compensation
- Annual employment bonus
- Full benefit package
- Stable work environment
- Designated work schedule

Resumes can be faxed to
780-724-4024

Contact Shawn O'Connell to learn more about these opportunities

780-724-6307

or email: ecanhr@e-can-oilfield.com

CLASSIFIED AD RATES

ELK POINT REVIEW Tuesdays - \$9.00 per week + GST

ST. PAUL JOURNAL Tuesdays - \$10.00 per week + GST

BONNYVILLE NOUVELLE Tuesdays - \$11.50 per week + GST

LAKELAND REGIONAL Mondays - \$10.50 per week + GST

COMBINATION OF 4 PAPERS - \$27.00 / WEEK

(20 cents per word per newspaper insert over 20 words)

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*Your classified ad can be read
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Select your classified readership for as little as \$9.00 / week.

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

THE WINNING TEAM



Place your order at either of our offices:

St. Paul Journal - 780-645-3342

Elk Point Review - 780-724-4087

3010. Auctions

HUGE RESTAURANT Equipment Auction. Tuesday, November 6, 2012, 11 a.m., 11703 - 105 Ave., Edmonton. Full ad at howardsauctions.ca or edmonton_auctions@shaw.ca. 1-780-718-2274 or 1-780-432-8181.

A-D-V-E-R-T-I-S-I-N-G**3210. Misc. For Sale**

DISCONNECTED PHONE? Phone Factory Home Phone Service. No one refused! Low monthly rate! Calling features and unlimited long distance available. Call Factory today! 1-877-336-2274; www.phonefactory.ca

1005. Help Wanted**3210. Misc. For Sale**

LOOKING FOR a shop? Post Frame Buildings. AFAB Industries has experience, expertise, reliability and great construction practices. For a free quote, contact Ryan Smith 403-818-0797 or email: ryan.afab@gmail.com.

METAL ROOFING & SIDING. Best prices! 36" Hi-Tensile TUFF-Rib 29ga. Galvalume \$.67 sq. ft. Colours \$.82 sq. ft. 40 Year Warranty. ALTA-WIDE Builders Supplies 1-888-263-8254.

STEEL BUILDINGS - Canadian model. Reduced prices now! 20x22 \$4,455 25x26 \$4,995. 30x38 \$7,275. 32x50 \$9,800. 40x54 \$13,995. 47x80 \$19,600. One end wall included. Pioneer Steel 1-800-668-5422; www.pioneersteel.ca.

1005. Help Wanted**3315. Building Supplies**

LAMINATED POST Buildings Farm and Commercial. Prairie Post Frame serving Alberta. For pricing Calgary South, Barrie 403-506-7845; barrie@prairiepostframe.ca. Calgary North, Howard 403-586-7678; howard@prairiepostframe.ca.

4310. Grain/Feed/Hay

HEATED CANOLA buying Green, Heated or Springthashed Canola. Buying: oats, barley, wheat & peas for feed. Buying damaged or offgrade grain. *On Farm Pickup* Westcan Feed & Grain, 1-877-250-5252.

Oats and Wheat Wanted

Any condition, dry wet or heated. On farm pick-up. Immediate payment. Toll free 1-866-349-2056

ROUND HAY BALES \$20. and up. Delivery available. No Sunday calls please. Phone 403-704-3509.

1005. Help Wanted**5800. Manuf. Homes - Sale**

OOPS! Overstocked! 2011 SRI 20' wide. Immediate delivery. Priced to clear - open to offers! Guaranteed lowest prices/best service. Dare to compare! www.dynamicmodular.ca. 1-877-341-4422, Red Deer.

YEAR END CLEARANCE! Vast selection: single/20' wide and like-new pre-owned homes. Starting at only \$69,900. Delivery anywhere in Alberta! 1-800-461-7632. 148 East Lake Blvd., Airdrie; www.unitedhomescanada.com

6005. Automotive

WINTER TIRES for a Dodge Journey, size 225 70 16, comes with black steel rims. Asking \$900, call 780-210-7723

6500. Misc. Vehicles

'04 LONGNOSE PETERBUILT- 63" sleeper, new clutch, tires, transmission, brakes, motor redone. Too much to mention. Rugged up for hauling oil. Serious inquiries only. 780-614-5307.

1005. Help Wanted**7245. Misc. Services**

RURAL WATER TREATMENT
Iron Filters • Softeners • Distillers
Tell them Danny Hooper sent you • Reverse Osmosis • Continuous Shock Chlorinator
Patented Whole House Reverse Osmosis System
Time Payment Plan O.A.C.
1-800-BIG IRON (244-4766)
Check our website for local reps and phone numbers
BIG IRON Drilling Ltd.
Visit us online at www.BigIronDrilling.com
Also view our 29 patented and patent pending inventions
PS: We also sell Softeners & Purifiers for Town & City water.

CRIMINAL RECORD? Think: Canadian pardon. U.S. travel waiver. (24 hour record check). Divorce? Simple. Fast. Inexpensive. Debt recovery? Alberta collection to \$25,000. C a l g a r y 403-228-1300/1-800-347-2540; www.accesslegalresearch.com

DENIED CANADA Pension Plan Disability Benefits? The Disability Claims Advocacy Clinic can help. Call Allison Schmidt at 1-877-793-3222. www.dcac.ca.

DO YOU NEED to borrow money - Now? If you own a home or real estate, Alpine Credits will lend you money - It's that simple. 1-877-486-2161.

DROWNING IN DEBTS? Helping Canadians 25 years. Lower payments by 30% or cut debts 70% thru Settlements. Avoid bankruptcy! Free consultation; www.mydebtsolution.com or toll free 1-877-556-3500.

MONEYPROVIDER.COM. \$500 loan and +. No credit refused. Fast, easy, 100% secure. 1-877-776-1660.

NEED CASH TODAY? Do you own a vehicle? Borrow up to \$25,000. No credit checks cash same day, Canadian owned & operated; www.PitStopLoans.com. 1-800-514-9399.

NEED MONEY? No credit checks! No upfront fees! Immediate response! Electronic deposits and payments! 1-866-499-5629; www.mynextpay.com.

A-D-V-E-R-T-I-S-I-N-G**1005. Help Wanted****7245. Misc. Services**

RURAL WATER TREATMENT
Iron Filters • Softeners • Distillers
Tell them Danny Hooper sent you • Reverse Osmosis • Continuous Shock Chlorinator
Patented Whole House Reverse Osmosis System
Time Payment Plan O.A.C.
1-800-BIG IRON (244-4766)
Check our website for local reps and phone numbers
BIG IRON Drilling Ltd.
Visit us online at www.BigIronDrilling.com
Also view our 29 patented and patent pending inventions
PS: We also sell Softeners & Purifiers for Town & City water.

9005. Personals

DATING SERVICE. Long-term/short-term relationships. Free to try! 1-877-297-9883. Live intimate conversation, Call #7878 or 1-888-534-6984. Live adult ton! Call 1-866-311-9640 or #5015. Meet local single ladies. 1-877-804-5381. (18+).

GET 50% OFF. Join Herbal Magic this week and get 50% off. Lose weight quickly, safely and keep it off, proven results! Call Herbal Magic today! 1-800-854-5176.

CLASSIFIED DEADLINE Thursday 4 pm**7999. Too Late To Classify****Little Known Fact...**

Four out of five Paleontologists agree: Dinosaurs became extinct because they forgot to advertise in their community newspaper!



Get your business off the endangered species list! Advertise today! Call 724-4087 for more information.

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Oilfield Contracting Services Ltd.
Construction & Maintenance
REQUIRED IMMEDIATELY
JOURNEYMAN MILLWRIGHT
(3 positions available)
APPRENTICE MILLWRIGHT
1 - 4TH YEAR
(3 positions available)
Positions are in the Bonnyville area.
Applicant requirements:
- Must be proficient on large variety of pumps and compressors.
- Must have a clean Class 5 drivers license (abstract required).
- Must be a team player with a positive attitude toward safety and the environment.
- Must be self motivated.
These positions will mostly consist of a 40 hour condensed work week. There are also shift positions available. These are top paying positions, available to qualified persons with the right experience, drive and attitude.
Please submit resume in confidence to:
admin@diablo-oilfield.ca

FULL-TIME PARTS MANAGER REQUIRED
Excellent benefit package, full-time position. Competitive wages. New Holland experience would be an asset.

TRI-AG IMPLEMENTS
Apply in person to:
Kevin (Store Manager)
4109-50 Ave., Main Street, St. Paul, AB.
Phone 780-645-4465
Email resume to:
sales.triag3@telus.net

KUDU INDUSTRIES INC.
KUDU currently has a job opening for a
Pump Tech / Shop Hand
Key Responsibilities:
• Deliver, evaluate and test pumps
• Prepare orders as needed
• Responsible for the shop cleanliness
• Assist mechanics as required
Minimum Requirements:
• Mechanical ability
• Field experience in the oil and gas industry would be an asset
• Class 5 operator's license
• Basic computer skills
KUDU offers profit shares, RSP & Benefits program.
Drop off Resume to:
5803-50 Ave
Fax: 780.826.5394

MACHINIST
Established machine shop looking for a
JOURNEYMAN MACHINIST
Experience in programming & operation of CNC machines required.
Offering 40 hours per week, weekends off. Wages negotiable.
Reply by email or in person at Swisco Ltd.
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swiscom1@telus.net

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Hiring Immediately Class 1 & 3 Drivers

- Semi Vac
- Pressure Truck
- Bodyjob/Vac
- Combo
- Flushby
- Dispatcher
- Field Supervisor

Please submit Resume and Drivers Abstract to:

Kevin Sartain
ksartain@manatokan.com
Phone 780-826-8955
Fax 780-812-5861

KUDU INDUSTRIES INC.
KUDU currently has a job opening for a
Pump Tech / Shop Hand
Key Responsibilities:
• Deliver, evaluate and test pumps
• Prepare orders as needed
• Responsible for the shop cleanliness
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Minimum Requirements:
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• Field experience in the oil and gas industry would be an asset
• Class 5 operator's license
• Basic computer skills
KUDU offers profit shares, RSP & Benefits program.
Drop off Resume to:
5803-50 Ave
Fax: 780.826.5394

LICENSED MECHANIC REQUIRED FOR OUR GROWING COMPANY
- Full-time position
- Excellent benefit package
- Competitive wages.
- New Holland experience would be an asset.

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Apply in person to:
Kevin (Store Manager)
4109-50 Ave., Main Street, St. Paul, AB.
Phone 780-645-4465
Email resume to:
sales.triag3@telus.net

TWO HILLS MEDICAL CLINIC
is currently seeking applications for
PART-TIME (0.5 FTE) MEDICAL OFFICE ASSISTANT (MOA)
Qualifications: Grade 12 • Computer experience • Strong organizational skills • Able to multi-task • Adapt to fast paced ever changing environment • Strong verbal and written skills • Medical experience an asset but will provide training.
If you are our ideal candidate please submit your resume and cover letter with three (3) references, two of which are either employers and/or supervisors. Only those selected for an interview will be contacted.
Closing Date: November 10, 2012
Submit to:
Judy Kirsch, Clinic Manager
Two Hills Medical Clinic
Box 690, Two Hills, AB., T0B 4K0
or Fax to 780-657-3382

B&R-ECKEL'S TRANSPORT LTD.
HAS IMMEDIATE OPENINGS FOR JOURNEYMAN AND/OR APPRENTICE BOOM TRUCK OPERATORS
Permanent Full-time Positions - Bonnyville
JOB REQUIREMENTS
• Critical thinking and decision making skills
• H2S
• Proven ability to work as a team player
• Ability to work long hours
• Class 1 License
Competitive Wages, Variable Group Benefits, Retirement Program and Training in a safety conscious work environment.
Only applicants with a Clean Class 1 Abstract will be considered.
Please submit resume and current Driver's Abstract to: hrdept@breckels.com or Fax to 780-826-4152 Attention: HR DEPT.



Five and Under

Count Dracula, who the rest of the year is Bo Fontaine, won the boys' prize, while winsome wee witch Kayl Warawa took home the girls' prize for the Five and Under group.



Six to 11

Classy Cleopatra, Jorja Theriault and handsome young knight, Kaden Lafrance took home the Best Dressed honours in the six- to 11-year-old age group at the Halloween Family Frolic.



Ages 12 to 16

Rugged young cowhand Payton Drobot brought a touch of the wild west to the Frolic, while Chansie Botting evoked an earlier era with her French flavoured finery to win the teen awards.

We're listening for potential.

Taiga Project Town Hall

Join us to discuss all aspects of the Taiga Project and our commitment to unlocking the potential of people, communities and resources in the Lakeland.

With recent approval from the ERCB, we'll provide an update on where the project stands, how we're moving it forward, and what you can expect from us as a neighbour and business partner.

November 22
5 - 9 pm
Riverhurst Hall
Buffet style dinner will be served

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